

OPPORTUNITIES TO ADDRESS SMOKING IN RESIDENTIAL ALCOHOL AND OTHER DRUG TREATMENT.

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Introduction and Aims: Addressing smoking as part of standard residential alcohol and other drug (AOD) treatment is recommended. The aim of the current study was to examine the rates of smoking, and smoking behaviours of a large cohort of participants attending Australian residential AOD treatment. The study also examined intentions to reduce smoking, quit attempts, and engagement in Quitline.

Design and Methods: Participants were 391 individuals (232 males, 59% and 158 females, 40%) accessing therapeutic communities for AOD treatment provided by The Australian Salvation Army and We Help Ourselves (WHOS). All participants had been attending the residential program for 4-weeks or more. Data was collected from participants who were enrolled in the Continuing Care Project.

Results: Current smoking status was reported by 85% of participants. Of those people who smoked, 66% reported starting smoking daily before the age of 18 and on average participants had been smoking for 18-years. On average participants reported smoking 13-cigarettes a day. Over half of participants (63%) reported that they were currently trying to cut down and 72% reported a previous quit attempt. Only 11% of participants reported that they had previously called a Quitline.

Discussion and Conclusions: Smoking rates within residential AOD treatment continue to be very high. Encouragingly, a relatively large proportion of participants were making efforts to reduce their smoking. Quitline is under-utilized amongst this treatment group. Discussion will focus on opportunities to address smoking as part of residential treatment. Future research should consider proactive strategies to increase referrals to Quitline.